

the Recreater

Recreation, Sports & Leisure Brochure



YOUTH

Art

NEW! PARENT/CHILD ART

Join local artist Dorothea Barrick in this fun Parent/Child art class. Working in water base printmaking techniques, parent and child will create "one of a kind" monotype prints. All materials are included in this 2 hour class. Additional children are \$10/each.



6+ yrs (\$40/Couple)

Emmitsburg Community Center
17197 Sat, 2/23 10:00 am-Noon
17198 Sat, 4/27 10:00 am-Noon

KIDZART

Engaging curriculum amps up the fun and creativity keeping students eager to learn new skills and practice new techniques. Sessions are unique because our curriculum never repeats! Please bring \$30 supply fee to first class.

5-10 yrs / 6 wks / \$55 (+\$30 fee)

Walkersville Rec Center
17084 Thu, 3/7 4:30-5:30 pm
17085 Thu, 3/7 5:45-6:45 pm
17077 Sat, 3/9 5:45-6:45 pm

Basketball Prep

Children will review the skills associated with Basketball focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Walkersville Rec Center
16694 Thu, 2/28 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29

Walkersville Rec Center
16709 Thu, 2/28 5:30-6:15 pm

Flag Football Prep

Children will review the skills associated with flag football focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Walkersville Rec Center
16712 Wed, 2/27 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29

Walkersville Rec Center
16720 Wed, 2/27 5:30-6:15 pm

Floor Hockey Prep

Children will review the skills associated with floor hockey focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Walkersville Rec Center
16733 Fri, 3/1 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29

Walkersville Rec Center
16735 Fri, 3/1 5:30-6:15 pm

Soccer Prep

Children will review the skills associated with Soccer focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Thurmont Rec Center
16777 Tue, 2/26 3:30-4:15 pm
16778 Tue, 2/26 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29

Thurmont Rec Center
16786 Tue, 2/26 5:30-6:15 pm

Social Etiquette

"MANNERS CAN BE FUN" WITH CERTIFIED ETIQUETTE INSTRUCTOR

Good manners and behaviors start at a young age and last a lifetime. This interactive class will teach children about being a good host and guest, telephone manners, greetings, gift giving/receiving, behavior in public places, showing respect and so much more. We will learn table manners and table settings too.

5-8 yrs / 4 wks / \$65

Walkersville Rec Center
17111 Tue, 3/5 4:15-5:15 pm

"TABLE MANNERS" WITH CERTIFIED ETIQUETTE INSTRUCTOR

Come and join us for a unique dining experience and learn everyday dining skills along with manners needed in restaurants. Children will learn different styles of dining, how to properly set the table, napkin placement, how to correctly pass food, handling utensils and two different styles of eating and much more. We will practice what we have learned by eating a small meal.

7-14 yrs / 1 wks / \$35

Walkersville Rec Center
17112 Sat, 3/9 4:00-6:00 pm



Tennis

FREDCO SPORTS - QUICKSTART TENNIS

This QuickStart Tennis is an exciting new format for learning tennis, designed to bring kids into the game by utilizing specialized equipment and shorter court dimensions all tailored to age and size.

5-8 yrs / 6 wks / \$35

Walkersville Rec Center
16794 Tue, 2/26 4:30-5:15 pm
16795 Tue, 2/26 5:30-6:15 pm

PRESCHOOL

Arts & Crafts

MINI DOODLERS

Mini Doodlers gleefully create a new framed masterpiece each week with a wide variety of non toxic high quality materials and develop techniques, school readiness including motor skills, ability to listen and follow directions, cognitive skills, language and more in an enchanting environment that develops individual creativity. Protective aprons provided for all children. \$28 material fee due at first class.

3-5 yrs / 6 wks / \$75 (+\$28 fee)

Fountain Rock Park
17008 Tue, 3/5 10:00-10:45 am

TWOOSY DOODLER

This special adult/child class is often the first educational program. Twoosys have fun creating unique art while developing fine motor skills, hand eye coordination, creativity, readiness skills, confidence, ability to play with others & imaginative thinking. Adults learn how to nurture creativity. Frames and aprons provided for all children. \$28 materials fee due at first class.

20-36 months / 6 wks / \$75 (+\$28 fee)

Fountain Rock Park
17012 Tue, 3/5 11:00-11:35 am



TEEN & ADULT

Art

ART CLINICS WITH DOROTHEA BARRICK

Join local artist Dorothea Barrick for these fun, instructive art clinics for any skill level. Each class will focus on new techniques and mediums. All materials are provided for these 2½ hour classes.

14+ yrs / 1 wk / \$25

Emmitsburg Community Center
Non-local Color Still Life in Acrylic
17043 Sat, 3/9 9:30 am-Noon

Fitness

ACTIVE ADULT YOGA

Active adult Yoga begins where you are, no matter what condition your body is in. It is done very slowly, working at your own ability level. Through relaxing exercises, deep breathing and easy-to-learn stretches you will release mental and physical tension.

50+ yrs / 6 wks / \$30

Walkersville Rec Center
16869 Fri, 3/8 5:30-6:30 pm

55+ yrs / 6 wks / \$30

Victoria Park
16871 Wed, 3/6 1:30-2:30 pm



MIGHTY FIT PILATES

Pilates exercises are performed in a balanced and controlled sequence to give you a total body conditioning experience. You will learn the purpose and modifications to each move to ensure your success.

12+ yrs / 6 wks / \$60

Walkersville Rec Center
16879 Wed, 3/13 7:45-8:45 pm

TOTAL BODY FIT

This class will get your heart jumping and muscles pumping. Class will include low impact cardio exercises, muscle toning and abdominal exercises. This class is for any fitness level.

18+ yrs / 6 wks / \$55

Walkersville Rec Center
16968 Tue, 3/12 7:00-8:00 pm
16970 Thu, 3/14 7:00-8:00 pm

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. No previous aerobic or dance experience necessary. No rhythm? No problem...Just come...move fast...have FUN...you'll see!

14+ yrs/ 6 wks / \$30

Emmitsburg Community Center
Instructor – Megan C.
17207 Tue, 2/26 7:00-8:00 pm

Thurmont Rec Center

Instructor – Megan C.
16931 Mon, 3/4 7:00-8:00 pm
Instructor – Stephanie L.
16962 Sat, 3/9 10:00-11:00 am
Instructor – Meghan S.
16947 Wed, 3/6 7:00-8:00 pm
16943 Thu, 3/7 6:00-7:00 pm

Walkersville Rec Center

Instructor – Kelli D.
16906 Tue, 3/5 7:00-8:00 pm
16891 Sat, 3/16 8:00-9:00 am

EASTER EGG ROLL

Rose Hill Manor Park

1611 North Market Street, Frederick, MD 21701

March 30, 2013

11 am-4 pm • All Ages

\$5 per person

For Egg Roll Start Times, visit www.Recreator.com

Pre-Register
#16633
301-600-2936
Recreator.com



Frederick County
PARKS & RECREATION

Frederick County Division of Parks and Recreation REGISTRATION FORM

Mail: FCDPR, 118 North Market St., Frederick, MD 21701 (Please make check payable to **Frederick County Treasurer**)
By Phone: 301-600-2936 Fax: 301-600-2595
Online: www.Recreator.com

Parent/Guardian Name (if participant is under 18 years of age) _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Work/Cell Phone _____ E-mail _____

Emergency Contact Name _____ Emergency Phone _____

Medical Conditions: Participant name: _____ Medical Condition: _____

Participant's Name	Gender	D.O.B.	Program Name	Program Code	Fee
		/ /			\$
		/ /			\$
Attach additional registrations on a separate piece of paper if necessary				TOTAL DUE	\$
Credit Card (Visa, MasterCard, Discover) Card # _____ Exp. Date _____				We will notify you only if there is a problem or a change in the program.	

Waiver of Liability: By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation program/s and therefore, I hold the Board of County Commissioners of Frederick County (BoCC) harmless from all claims for injuries, damage, or loss which may result from me or my child's participation in the program/s listed above. Further, in compliance with Maryland HB 858 and SB 771, I hereby acknowledge that I understand the risks of concussions in sports and am aware of the concussion information which is found at www.recreator.com

Discipline Policy: I understand that the Division has a discipline policy for conduct in recreation programs and facilities. In the event that I/my child is asked to leave a program/facility, I understand that the registration fee will not be refunded to me.

Authorization for use of Photographic Likeness: I agree to allow Frederick County Parks and Recreation to take and utilize photos, slides, and video images of the above registered individual/s for the purpose of promotion and publicizing of the Division's programs and/or events. If I prefer to not allow the above registered individual/s to be photographed, I will call 301-600-1684 to register my request.

Signature _____ Date _____

Refund policy: If you want to withdraw from a program, call 301-600-2936. All requests for refunds must be made 2-weeks prior to the start of the program. A \$4 processing fee will be charged for each participant per program refunded. All refund requests must be approved by the Recreation Superintendent. Refunds will be issued according to the original method of payment, unless payment was made by cash, then a check will be issued.